



HealthQuest

**Wellness Champion Network
Monthly Webinar**

Thursday, December 10th - 11:00-11:45 am

Agenda

- Welcome New Champions!
- Introducing ... something NEW Coming in 2016!
 - *With Special Guest Jack Bastable*
- “Healthy Holidays” Challenge – November 23, 2015 – January 1, 2016
- On-Site Screenings began December 1st
- December HQ Seminar
- December EAP Webinar
- What’s Your New Year’s Resolution? Quit for Life

Welcome New Wellness Champions!!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

Coming in 2016

Wellness Champion Network: Sub Groups



LifeWork: Resilience & Happiness

Energy: Movement & Physical Activity



Food: Culinary & Sustainable Eating

Respond by Friday, January 8th, 2016

To join one of the groups

Facilitated by

Energy: Movement & Physical Activity Shannon Elwell


LifeWork: Resilience & Happiness Joy Huber

Food: Culinary & Sustainable Eating Jack Bastable



“Healthy Holidays” Challenge

Don't forget to log your points by January 8th, 2016!



Healthy Holidays

Maintain Don't Gain
November 23, 2015
thru January 1, 2016

Managing your weight just got easier!
Practice healthy habits that support healthy living & weight management.

On-Site Screenings Began December 1st

Now Worth 5 HealthQuest Credits

Location	CITY	Date
Landon Bldg, Rm 509, 900 SW Jackson St	Topeka	12/11/2015
USD 288, Central Heights School, Cearfoss Gym, 3521 Ellis Rd	Richmond	12/18/2015
Hays High School, 2300 E 13th St, Hays	Hays	1/4/2016
McLouth USD 342, Auditorium, 217 Summit St	McLouth	1/4/2016
K-State at Salina, College Center Conf Rm, 2310 Centennial	Salina	1/5/2016
Lansing Correctional Facility, Maintenance Bldg, Highway 7 (73) & Kansas Ave	Lansing	1/5/2016
KU Med Center, Student Services Bldg, Francisco Lounge, 3901 Rainbow Blvd	Kansas City	1/6/2016
Wichita DCF Office, Rm C300, 2601 S Oliver	Wichita	1/6/2016
Best 335, University of KS Edwards Campus, 12600 Quivira Rd	Overland Park	1/7/2016
KDOT District 5, Conf Rm, 1220 W 4th	Hutchinson	1/7/2016
Emporia State University, Memorial Union, Ballroom, 1 Kellogg Circle	Emporia	1/11/2016
Eisenhower Bldg, 4th Floor East Tower Conf Rm, 700 Harrison	Topeka	1/12/2016
Garden City DCF Office, Conf Rm, 1710 Palace Dr	Garden City	1/12/2016
USD 494, Lecture Hall, 306 N Main St, Syracuse (MOUNTAIN TIME)	Syracuse	1/13/2016
Pioneer Manor Nursing Home, Chapel, 1711 S Main St	Hugoton	1/14/2016

See the full schedule of Screening Events for the Year at

http://www.kdheks.gov/hcf/healthquest/download/Biometric_Screening_Events_Schedule.pdf

December 2015 Seminar

Available on the Portal 12/1/15

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Better Living - You Can Do It!

Seminar · 1 Credit · 11/30/2015

Are you looking to make changes in your life? Believing in yourself and setting realistic goals are key to a successful wellness journey. This seminar will help you mentally prepare to set and achieve your personal goals.

Seminars help you take action to make healthier choices. Plus, you can earn credits! Listen carefully and you'll ace the quiz at the end.

December 2015 EAP Webinar

Thursday, December 17th, 2015

3:00 p.m.

“Friendly Persuasion: How to Get the Things You Want”

Used effectively, persuasion can lead to solutions that work in everyone's best interest.

This workshop will provide you with communication techniques to get the results that you want and need.

Register at <https://attendee.gotowebinar.com/register/7949222047326124801>

Quit for Life

Begin the New Year



with a Fresh Start

The Quit For Life® Program offers a fresh approach to quitting tobacco. When you enroll, our Quit Coach® team will help you create a quit plan that's right for you. Plus, they'll provide quit tips and replacement strategies to help you break free from nicotine. You may even be eligible for free quitting aids like gum or patches to help ease your cravings.

Thank You for Joining Us Today!!

Next Meeting is Thursday, January 14th

✓ 11:00-11:45 am

Secret Question:

Open Questions / Comments

